

THE WELLFLEET WAVE

ewsletter of the Wellfleet Council on Aging
715 Old King's Highway • Wellfleet • 02667

COA STAFF DIRECTORY

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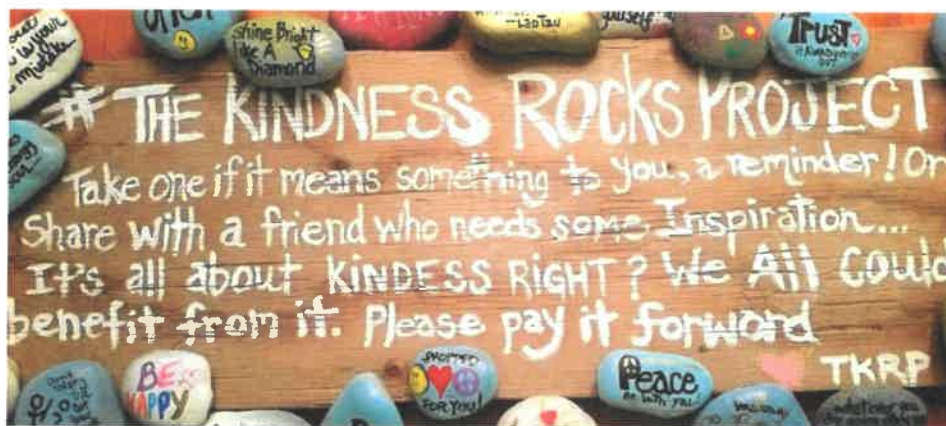
May/June 2017

GENERAL PHONE NUMBERS

508-349-2800 OR 349-0313

FAX: 508-349-0319

GARDEN CELEBRATION
June 10th 1 - 3 PM
Wellfleet COA
Join us for a garden party!
Music, special guest speakers & sculpture dedication
see insert for more information



The Wellfleet COA is excited to announce “**The Kindness Rocks Project**” event to take place on **June 14th from 1-4 PM at the COA**. See insert for details!

DATES TO REMEMBER

Monday, May 1st ~ Annual Town Election here, 12 noon – 7 PM ~ **(no exercise classes)**

Tuesday, May 9th ~ Medicare Fraud workshop **May 10th** ~ Collage making workshop

Monday, May 29th ~ Closed for Memorial Day **Monday, June 5th** ~ new 10-week exercise session begins

Saturday, June 10th ~ Garden Party Celebration

Wednesday, June 14th ~ The Kindness Rocks Project kickoff event

Tuesday, June 20th ~ Water Aerobics is back at Great Pond (see insert)

♥ FOR YOUR HEALTH

♥ **ASK A NURSE:** Visiting Nurses Association of Cape Cod, offers FREE services every WEDNESDAY from 10 AM - 12 NOON. Come in and meet Charlie Altieri, R.N.:



- Blood pressure
- Glucose monitoring
- Weight monitoring
- Nutrition advice & counseling
- Medication questions
- Information on area services
- Information on common communicable diseases
- Information on common medical problems
- Health and wellness questions

♥ **DR. CAMPO, PODIATRIST:** For all foot care problems and routine care. NOTE: Most podiatry services are covered by Medicare & other insurance (prior approval needed for HMO's) ~ the balance of what insurance does not cover is patient's responsibility, including any co-payments mandated by your insurance carrier. Appointments must be booked through the COA. May 12, 26 and June 16, 30. **NEW SCHEDULING PROCEDURE FOR DR. CAMPO:** *There will be no scheduling of "floats". Patients must adhere to scheduled time, NO EXCEPTIONS. Emergency appointments are scheduled through the Boston office, not the COA. Thank you.*

► FOR YOUR ASSISTANCE

► **ARE YOU READY FOR MEDICARE?** Deb Ford of New York Life will be hosting Medicare Review Seminars on *Wednesday, May 17 and Wednesday, June 21 at 4 PM.* Focus is on those individuals turning 65; however, all are welcome. Review of Medicare, the differences between Parts A and B, Medicare coverage and Part D prescription drug coverage. Call COA to reserve a spot for the Wednesday sessions or individual appointments are available for those unable to attend on above dates ~ call Deb Ford at 508-367-0061 to schedule.

► **DR. MARLENE DENESSEN:** Counseling services at the COA on Mondays. She is a senior professional and can help with all kinds of life situations. Try a free session with no obligation. If you decide to continue, her services are insurance billable. Call 508-896-7790 for an appointment.

► **GOSNOLD COUNSELING:** By appointment at the Wellfleet COA ~ booked through the Gosnold Office in Provincetown 508-487-2449. **CONFIDENTIAL.**

► **GOSNOLD WEEKLY FAMILY REACHING OUT SUPPORT GROUP:** A resource for family members & loved ones affected by addiction. It assists the family at all stages of addiction through education, intervention and support. Thursdays 6:30 - 8, Wellfleet COA. Call 844-558-4357 for additional information.

► **LEGAL ASSISTANCE:** *60 years of age or older* ~ By appointment on the second Wednesday of the month, from 10 - Noon. Conducted by Attorney Tom Kosman, of Legal Services for Cape Cod and the Islands. Free. May 10, June 14.

► **TRANSPORTATION:** For Wellfleet residents 60+. Call us for more information. Monday - Wednesday - medical appointments, Thursday - Wellfleet day, Friday - Orleans grocery shopping.

► **WELLFLEET ALZHEIMER'S ASSOCIATION:** Serves the Lower Cape from Provincetown to Chatham by raising funds to be used to alleviate the financial and emotional stress created by Alzheimer's disease or other memory deficiencies. The Association works with the Outreach staff of the Councils on Aging to identify patients and caregivers in need. All applications are confidential and are submitted by the Outreach worker at the COA in your town. Please call Wellfleet COA Outreach Coordinator, Linda Balch, for more information.

► FOR YOUR ASSISTANCE (cont.)

► **PROTECT YOURSELF FROM MEDICARE FRAUD:** Did you know that \$60 to \$90 billion of our tax dollars are lost to Medicare fraud each year? Come meet Tom Clarke, a representative of the Massachusetts Senior Medicare Patrol (MA SMP) Program on Tuesday, May 9, at 11:00 AM at the Wellfleet COA and participate in a discussion on how to prevent, detect, report healthcare errors, fraud and abuse. We all can have an active role in protecting Medicare for ourselves and future generations. This free informational workshop will provide you with the tools to become a more informed and engaged health care consumer. If you cannot attend this workshop but have questions about your healthcare bills, Medicare Summary Notices, or other health insurance explanation of benefits statements, please call the MA SMP Program office at 800-892-0890. This event is jointly sponsored by the Wellfleet Council on Aging and the Massachusetts Senior Medicare Patrol Program. The Massachusetts Senior Medicare Patrol Program is funded in part by grant number 90-MP0226-01-00 from the U.S. Department of Health and Human Services' Administration for Community Living, Washington, DC 20201. Please call to reserve your spot at the FREE informative program.

🍏 FOR YOUR DINING PLEASURE

🍏 **IRIS'S CAFÉ:** Every Thursday at 12:30 - \$7.50 per person, all luncheons include coffee & dessert, reservations required by Wednesday. Menu on last page of The Wave. **No lunch on June 22 & 29.**

🍏 **OUTER CAPE COMMUNITY COFFEE:** Coffee & Iris's fresh baked scones. Monday - Friday.

🍏 **SOUP TO GO:** A pint of Iris's homemade soup, packed to go, made fresh every Monday. Menu on last page. \$4.00 per pint. June will be soup or salad, depending on weather.

★ FOR YOUR FUN AND ENTERTAINMENT

★ **BRIDGE:** Every Friday from 1-4. Beginners welcome. Non-competitive, casual & fun.

★ **COLLAGE MAKING:** Collage is a technique of art production where artwork is made from an assemblage of different forms so to create a new whole. This hands-on workshop will explore the art of collage through a variety of exercises and observations. We will provide the core supplies and you bring the trimmings: decorative papers, recycled greeting cards, ribbons, candy wrappers and whole lot more. Led by Wellfleet artist Michael Walczak, this easy going, hands-on workshop is a great way to make some cards for giving and pictures for framing. Workshop limited to 10 people. Fee of \$5 per person, per class. Three classes (participants are encouraged to attend all three sessions) ~ May 3, May 10 & May 17 from 1 - 3 PM at the COA. Please call to reserve your spot.



★ FOR YOUR FUN AND ENTERTAINMENT (cont.)

★ **DENYA LeVINE INTERGENERATIONAL MUSIC & MOVEMENT:** Join fiddler Denya LeVine and the SeaBabies for this fun, musical event. Great interactive activity for grandparents and their grandkids, ages infant - 4. Tuesday, May 9, Tuesday, June 6, 10:30.

★ **GARDEN CELEBRATION: June 10, 1 - 3 PM, Wellfleet COA garden party with statue dedication, speakers and entertainment. SEE FLYER.**



★ **MOVIE TUESDAYS ~ COA Theater closed for the season, reopening in the late Fall.**

★ **QUILTING GROUP:** First and third Thursday, from 1-4 in our Conference Room.

★ **SCRABBLE:** Join other Scrabble enthusiasts, every Thursday immediately after Iris's Café.

★ **THE WELFLEET RED "MAD HATTERS":** We would like to invite any ladies 50 years plus to join our "Tea Party" at 2 PM, the first Monday of every month. Please call Kip Detlef at (508)349-6805 for more information, as schedule/location varies.

★ **WELFLEET WAVE BOOK CLUB:** May 18, 1:30 ~ **My Name is Lucy Barton** by Elizabeth Strout ~ "Spectacular . . . *My Name Is Lucy Barton* is smart and cagey in every way. It is both a book of withholdings and a book of great openness and wisdom. . . . [Elizabeth Strout] is in supreme and magnificent command of this novel at all times." — *The Washington Post*

June 15, 1:30 ~ **1984** by George Orwell ~ "Orwell saw, to his credit, that the act of falsifying reality is only secondarily a way of changing perceptions. It is, above all, a way of asserting power." — *The New Yorker*

☺ FOR YOUR WELL-BEING

**NO CLASS
MAY 1st**

Balance/General Exercise & Strength Training with Melissa Shantz
10-WEEK EXERCISE SESSIONS

Next session ~ Monday, June 5th - Friday, August 11th

*******NEW FEE SCHEDULE FOR CLASSES** ~ Mix & match your days/classes:

FOR BALANCE/GENERAL EXERCISE AND/OR STRENGTH TRAINING CLASSES

ONLY ~ discounted rates for multiple sessions ~ **1X per week for \$55,**

2X per week \$80, 3X per week \$100, 4X per week \$120 ~ Drop-ins welcome, \$7 per class

drop-in rate ~ mid-session drop-ins will NOT be pro-rated.

☺ **BALANCE/GENERAL EXERCISE CLASS:** Basic exercise to help with balance & aid in stability, head to toe limbering, strengthening, seated & standing exercise, light weight work available ~ **NOW EVERY DAY EXCEPT THURSDAY (TUESDAY SESSION HAS NOW BEEN ADDED)** 10:15 - 11:15 AM

☺ **STRENGTH TRAINING CLASS:** Low-impact aerobic/strengthening class, 1 hour of isolations, stretching, strengthening/low impact aerobics, optional end of class weight work, Thera-bands & weights available, every day **except Thursday**, 8:45 - 10 AM.

☺ **STRETCH AND STRENGTHEN MAT CLASS WITH MELISSA:** A little Pilates, core work, centering & meditation, arthritis friendly ~ Thursday mornings, 8:45-10 ~ **\$7.00 per class.**
NO MAY 18 STRETCH CLASS!

Note: Physician's approval absolutely required for all exercise classes!

◆ FOR YOUR SUPPORT

◆ **ALZHEIMER'S/DEMENTIA CAREGIVER'S SUPPORT GROUP:** Facilitated by Alzheimer's Family Support Center Executive Director Dr. Molly Perdue. Loved ones with Mild Cognitive Impairment or early-stage Alzheimer's are welcome, for whom separate support will be provided. Second Tuesday of each month, 3 - 4:30 PM ~ May 9, June 13. Call the COA or the Support Center for more information 508-737-7934

◆ **BEREAVEMENT SUPPORT GROUP:** Sponsored by VNA Hospice & Palliative Care of Cape Cod, facilitated by Nancy Higgins, LICSW. 2nd & 4th Thursdays, 10 - 11:30 AM. This is an open, drop-in style group for anyone who is grieving the death of a loved one. Emotional support, coping skills & companionship in a safe, non-judgmental environment. Call Nancy for more information at 508-957-7715. May 11, 25 & June 8, 22.

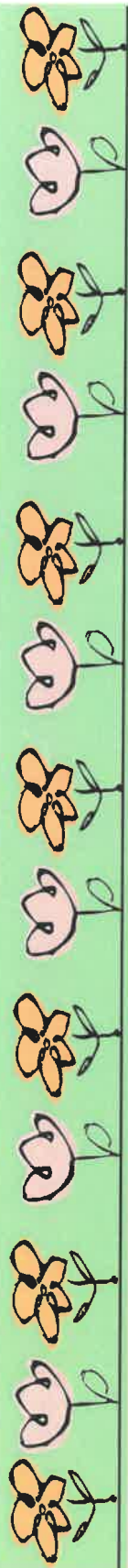
◆ **CAREGIVER'S SUPPORT GROUP:** Are you a caregiver? Do you know of a caregiver? The COA sponsored support group can be a powerful tool ~ visit fellow caregivers and knowledgeable group leaders for information sharing and peer support. Meetings are held at the COA on the 1st and 3rd Tuesday of the month, from 10-11:30 AM. The meetings are free and all are welcome. May 2, 16 & June 6, 20.

◆ **FRIENDLY VISITOR PROGRAM:** *As the program name suggests, our goal is to provide cheerful, informal visits with Seniors who are either homebound or could benefit from regular in-person contact for any reason. Volunteers are matched with Seniors who have similar interests and then visit on a weekly basis to provide companionship and conversation. By providing such, the Friendly Visitor often becomes the main link between the Senior and the rest of the world. In this program, Friendly Visitors are not responsible for performing the services requested by the Senior but are invaluable in advocating for the Senior's needs with the Senior Center staff or the Friendly Visitor Program. If you have any questions or would be interested in being one of our Friendly Visitor volunteers, please contact Linda Balch, Outreach Coordinator. If you would like a Volunteer to visit you, please let us know.*



◆ **WELLFLEET POLICE DEPARTMENT COUNCIL ON AGING LIAISON:** Wellfleet Police Officer George Spirito has been designated as a liaison to the Council on Aging. You will see George around the center frequently, stopping in to visit, for coffee, Iris's Café, etc., just to chat. George has also left his business cards at the front desk of the COA should anyone like to contact him with any questions or concerns. **JUNE 12 ~ 9 AM - 11 AM ~ COFFEE WITH A COP ~ Come meet George, have a coffee, and check out the ID bracelets available to the Seniors in our community.**

WE ARE ON FACEBOOK! "Like" and follow the Wellfleet Council on Aging to stay up-to-date on senior center news and events!



GARDEN CELEBRATION

June 10th 1 - 3 PM

Wellfleet Council on Aging

* Music by TOAST AND JAM

- * Zia statue dedication with creator Ernest Bauer
- * Frank Corbin ~ COA Garden Project Manager, Clerk of the Works ~ discussing the project and plantings

refreshments

rain or shine



generously funded by the Friends of the Wellfleet Council on Aging



AQUA AEROBICS IS BACK!!!
10 week session at Great Pond
Tuesdays & Fridays, 10 AM – 11 AM
Tuesday, June 20 ~ Friday, August 25

Fee schedule for 10 weeks ~ \$70,
drop-in's \$10 per class (mid session drop-in's will not be
pro-rated) ~ Please come to the COA to fill out your
paperwork, pay and get your parking pass.

THE KINDNESS ROCKS PROJECT

GOAL #1: INSPIRE OTHERS THROUGH RANDOMLY PLACED ROCKS ALONG THE WAY...

GOAL #2: RECRUIT EVERY PERSON WHO STUMBLES UPON IT TO JOIN IN THE PURSUIT OF INSPIRING OTHERS THROUGH RANDOM ACTS OF KINDNESS

JOIN US FOR PHASE ONE OF THE KINDNESS ROCKS PROJECT
JUNE 14 ~ 1 PM ~ WELLFLEET COA

KINDNESS ROCKS PROJECT FOUNDER MEGAN MURPHY
MEGAN WILL SPEAK ABOUT THE PROJECT ~ HOW IT BEGAN, HOW IT HAS GROWN, WHAT IT MEANS.....THE GRASS ROOTS KINDNESS MOVEMENT.

ROCKS WILL BE AVAILABLE TO PAINT TO HELP GET THE KINDNESS ROCKS INSPIRATIONAL GARDEN STARTED AT THE COA. ALL SUPPLIES PROVIDED.

WWW.THEKINDNESSROCKSPROJECT.COM



generously
funded
by
THE
FRIENDS OF
THE COA


As seen on local news channels/newspapers, Chronicle, Cape Cod Life Magazine



May 2017 ~ COA Activities

Monday	Tuesday	Wednesday	Thursday	Friday
NO EXERCISE CLASSES TODAY ANNUAL TOWN ELECTION VOTE 12 NOON - 7 PM	2 8:45 Strength Training 10 Caregiver's Support Grp.	3 8:45 Strength Training 10:15 Balance/Exercise 10 Ask A Nurse 1 COLLAGE MAKING	4 8:45 Stretch & Strengthen 11:30 Gosnold Counseling 12:30 Iris's Café 1 Quilting 2 Scrabble 6:30 Gosnold Family Support	5 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge
8 8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise	9 8:45 Strength Training 10:30 Denya LeVine Intergenerational Music 11 MEDICARE FRAUD WORKSHOP 3 Alzheimer's/Dementia Caregiver's Support Grp.	10 8:45 Strength Training 10 Legal Aid 10:15 Balance/Exercise 10 Ask A Nurse 1 COLLAGE MAKING 4 Friends of the COA	11 8:45 Stretch & Strengthen 10 Bereavement Support 11:30 Gosnold Counseling 12:30 Iris's Café 2 Scrabble 6:30 Gosnold Family Support	12 8:45 Strength Training 9 Dr. Campo 10:15 Balance/Exercise 1 Bridge
15 8:45 Strength Training 10:15 Balance/Exercise	16 8:45 Strength Training 10 Caregiver's Support Grp.	17 8:45 Strength Training 10:15 Balance/Exercise 10 Ask A Nurse 4 Are You Ready for Medicare? 1 COLLAGE MAKING	18 NO STRETCH CLASS 11:30 Gosnold Counseling 12:30 Iris's Café 1 Quilting 1:30 Book Club ~ <i>My Name Is Lady Barton</i> 2 Scrabble 6:30 Gosnold Family Support	19 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge
22 8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise	23 8:45 Strength Training 	24 8:45 Strength Training 10:15 Balance/Exercise 10 Ask A Nurse	25 8:45 Stretch & Strengthen 11:30 Bereavement Support 12:30 Gosnold Counseling 1 Iris's Café 2 Scrabble 6:30 Gosnold Family Support	26 8:45 Strength Training 9 Dr. Campo 10:15 Balance/Exercise 1 Bridge
29 COA CLOSED FOR MEMORIAL DAY	30 8:45 Strength Training	31 8:45 Strength Training 10:15 Balance/Exercise 10 Ask A Nurse		

June 2017~ COA Activities

Monday	Tuesday	Wednesday	Thursday	Friday
GARDEN CELEBRATION JUNE 10th ~ 1 - 3 PM (see enclosed flyer) 				
NEW 10-WEEK EXERCISE SESSION BEGINS 8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise	6 8:45 Strength Training 10:15 Balance/Exercise (new Tuesday session) 10 Caregiver's Support Grp. 10:30 Denya Levine Intergenerational Music	7 8:45 Strength Training 10 Ask A Nurse 10:15 Balance/Exercise	1 8:45 Stretch & Strengthen 11:30 Gosnold Counseling 12:30 Iris's Café 1 Quilting 2 Scrabble 6:30 Gosnold Family Support	2 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge
12 8:45 Strength Training 9 - 11 COFFEE WITH A COP 10:15 Balance/Exercise	13 8:45 Strength Training 10:15 Balance/Exercise 3 Alzheimer's/Dementia Caregiver's Support Grp.	14 8:45 Strength Training 10 Ask A Nurse 10 Legal Aid 10:15 Balance/Exercise 1 THE KINDNESS ROCKS PROJECT 4 Friends of the COA	8 8:45 Stretch & Strengthen 10 Bereavement Support 11:30 Gosnold Counseling 12:30 Iris's Café 2 Scrabble 6:30 Gosnold Family Support	9 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge GARDEN PARTY TOMORROW!!!
19 8:45 Strength Training 0 Marlene Denessen 10:15 Balance/Exercise	20 8:45 Strength Training 10 Caregiver's Support Grp. 10:15 Balance/Exercise 12 Kindness Rocks painting WATER AEROBICS STARTS 27	21 8:45 Strength Training 9 COA Board 10 Ask A Nurse 10:15 Balance/Exercise 4 Are You Ready For Medicare?	22 8:45 Stretch & Strengthen 10 Bereavement Support 11:30 Gosnold Counseling NO LUNCHEON TODAY 2 Scrabble 6:30 Gosnold Family Support	23 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge
26 8:45 Strength Training 10:15 Balance/Exercise	28 8:45 Strength Training 10 Ask A Nurse 10:15 Balance/Exercise	29 8:45 Stretch & Strengthen 11:30 Gosnold Counseling NO LUNCHEON TODAY 2 Scrabble 6:30 Gosnold Family Support	30 8:45 Strength Training 9 Dr. Campo 10:15 Balance/Exercise 1 Bridge	31 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge

Wellfleet Council on Aging
715 Old King's Highway
Wellfleet, MA 02667

COA Board Members:

Patricia Shannon ~ Chair
Ernie Bauer ~ Vice Chair
Robin Slack ~ Secretary
Paul Goetinck
Carol Magenau
Sarah Multer
Fred Nass
Dorothy Oberding
Brian Quigley
Evelyn Savage
Maureen Schraut ~FCOA Liason

Friends of the COA:

Maureen Schraut ~ President/COA Board Liaison
Carol Parlante ~ Vice President
Sylvia Smith ~ Treasurer
Sandy Wonders ~ Clerk
Meredith Blakeley
Greta Einig
Sarah Multer

Thank you to the Friends of the Council on Aging for providing supplemental printing costs for THE WAVE.

IRIS'S CAFÉ

**Every Thursday at 12:30 - \$7.50 per person, all luncheons include coffee & dessert,
reservations required by Wednesday**

May 4th	Cheese tortellini with chicken & spinach, mixed green salad
May 11th	Summer squash & couscous casserole, Caesar salad
May 18th	Pan fried cod, mashed potato and vegetable
May 25th	Coconut crusted baked chicken breast, Asian slaw with pineapple, peas & rice
June 1st	Vegetable Lo Mein, sesame spinach salad
June 8th	Turkey meatloaf with apples and celery, butternut squash, vegetable
June 15th	Greek pasta with chicken, artichokes & Feta cheese, mixed green salad
June 22nd	NO LUNCHEON TODAY
June 29th	NO LUNCHEON TODAY

IRIS'S SOUP TO GO

Prepared on Monday, packed to travel ~ \$4.00 pint

May 1st	Pureed kale
May 8th	Corn chowder
May 15th	Lemon chicken with couscous
May 22nd	Mixed vegetable
May 30th	Portuguese kale (Tuesday due to holiday)

NO SOUP MENU FOR JUNE

soup or salad to be announced
weekly, weather depending